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FRIDAY, DECEMBER 11, 2009

Santa's sidekicks
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Meet Dr. Xu
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OLYMPICS

Welcome the torch

KAESHA FORAND
 InPort News Staff

PORT COLBORNE — The sacred flame is slowly making its way through Canada.

On Dec. 21 the Olympic flame will make its way into Port Colborne for the morning torch run. Day 53 of the torch relay will be marked by a number of activities and games throughout the day.

See OLYMPICS | Page 16

WAINFLEET: Marshville's Christmas in the Village draws 1,000 visitors

Celebrating the season pioneer style

MARK TAYTI
 InPort News Staff

WAINFLEET — Marshville Heritage Village opened its doors to more than 1,000 people Sunday as visitors travelled back to pioneer times to celebrate Christmas.

Christmas in the Village may have lacked snow, but everything else was right in season last weekend when the historic buildings, known collectively as Marshville, welcomed families who were looking to jump start the holidays.

People lined up in front of the Stonehouse to sample home-made soup being served up over an open fire.

Beth Armtage has been helping out as a volunteer for the past two years. She was dressed in period costume and was busy keeping up with the demand for the beef and barley soup made by Marianne Heaslip.

"The best part is all the people coming through and enjoying the way pioneers used to live," she said.

Heaslip prepared soup for 900 for the day. "I don't do this alone," she said, giving the nod to all who help out to make the day a success.

Doug Sider was busy outside the log cabin serving up hot samples of apple cider. Carollers strolled along the pathway and sang to village guests. In the church, the Peace River Band entertained all afternoon.

The free event offered plenty of giveaways, like free fudge and caramel popcorn — treats pioneers would have enjoyed in the mid-1800s.



MARK TAYTI Staff Photo

See CHRISTMAS IN THE VILLAGE | Page 7

Marianne Heaslip dips beef and barley soup from a cast iron pot in the Stonehouse at the Marshville heritage site on Sunday during Christmas in the Village.

See Inside: **PUPP'S INSERTS**
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upfront

■ **MUSEUM FESTIVAL:** Annual event kicks off the holiday season

It's a Grand Old Christmas thanks to community volunteers

MARK TAYTI

InPort News Staff

PORT COLBORNE — Families gathered at Port Colborne Historical and Marine Museum Sunday to participate in an annual tradition.

The Grand Old Christmas Festival is a seasonal favourite in a weekend that is packed with several holiday events.

"This weekend is the start of the Christmas season in Port Colborne," said museum curator Stephanie Powell Baswick.

"The Grand Old Christmas Festival is truly a community event."

She credited the success of the event to a stalwart group of volunteers who have been showing up for years.

By 12:40 p.m. Sunday, all the Christmas puddings that were up for sale to the public had sold out — but there was plenty of pudding and hot beverages available in Arabella's Tea Room on the museum grounds.

Powell Baswick said about 300 puddings were made in anticipation of the festival.

Outside, children were able to use a large two-person saw to cut a log.

The log pieces could then be taken to the blacksmith shop, where Jared Ruston was branding the wooden bits, to make souvenirs of the occasion. There

was also a Christmas tree decorating contest, roasted chestnuts, sausage on a bun and a bery of exhibits to peruse.

This year, the museum got a helping hand from Katimavik volunteers who are living in the city. Some of the Katimavik volunteers built gingerbread houses and were raising funds through a silent auction.

Powell Baswick said there were close to 50 volunteers helping out on site Sunday and she expected to see between 400 and 500 visitors.

"I enjoy seeing many of the same faces coming back year after year," she said. "A lot of these kids have been coming here since they were babies. This is really meant to be a community event."

People also drove in from Hamilton and Toronto to see the sights. The exhibit *Hibernate or Activate* saw a lot of traffic throughout the day.

Throughout the day, a horse and carriage took people around the museum block for a dollar a ride.

The afternoon event featured an appearance by the McKay School Choir.

Those who attended the Grand Old Christmas Festival also had an opportunity to meet with Santa and pass along their wish lists.

mayti@weedtribune.ca



MARK TAYTI Staff Photo

Jared Ruston, left, and Katimavik volunteer Alexander Libernoch, were busy in the blacksmith shop during the Grand Old Christmas Festival held Sunday at the Port Colborne Historical and Marine Museum.

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portraits

Santa's sidekicks

Images from Port Colborne's annual Santa Claus parade, which was held Saturday, Dec. 5.

— Mark Tayti, Staff Photos



Clockwise from top left:

- The West Seneca Marching Band travelled from upstate New York to take part in the Santa Claus parade.
- Ian Nadeau and Butch represented St. John Therapy Dogs at the event.
- Horses made their way down Clarence St.
- Ward 4 Coun. Barb Butters handed out candy along the parade route.
- Lynda Reinhart read from her rocker on the Port Cares float.

INPORT NEWS

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Ken Koyama, publisher, general manager

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ourview

Turning a traditional Ukrainian dish into another type of dough

How do you spell fundraising?

For hardworking volunteers, members of a local affiliate of the League of Ukrainian Canadian Women, it's spelled with the word *pyrohy*.

Week after week these women make dozens and dozens of *pyrohy* in their kitchen at the Ukrainian Cultural Centre on McCabe St. on the city's southeast side. They make cabbage rolls, too. They've been steaming and boiling potatoes and making dough for *pyrohy* for decades, but only in the past 20 years or so have their *pyrohy* showed up when it comes to raising money for good causes.

Don't underestimate the importance of grass-root gives to the community. Groceries like this one are the bedrock of support for so many charities and other worthwhile causes here in this place we love to call home.

High-powered, always-in-the-news, headline-grabbing corporations or conglomerates are not. But babies, or grandmothers with hands that know the meaning of hard work, is what many of them are.

The hall's *pyrohy* markets begin in age "from about 48 to 89" says Myron Groch, whose wife Iarina is one of the volunteers and their close friend Helen Shayka, the head cook. Right in their hall kitchen, they make about 150 dozen *pyrohy* for sale every week, Groch says. Do they have a small army of volunteers to do all this?

If you said yes, give your head a shake. They have fewer than a baker's dozen who show up for the work.

"Some have made *pyrohy* all their lives, some say their grandmothers or their mothers used to do it and they don't know how so they're coming now and learning," says Groch, who is treasurer of a youth group based at the hall.

The money they raise helps support the hall's ongoing operations, says Groch. But some of it is used to support local or other causes.

Just this week, the *pyrohy* preparers turned over a cheque for \$1,000 to the foundation.

Over the years this small group of volunteers has raised \$16,700 from *pyrohy* and cabbage roll sales for Welland Hospital Foundation. They also support annually a fund for victims of the 1986 Chernobyl disaster in Ukraine and donate to the local Red Cross, among other causes.

The women take telephone orders for their *pyrohy* on a weekly basis and have a steady clientele for them.

Pyrohy is what these tasty dumplings, stuffed with ingredients like potatoes, potatoes and cheese or sausage, for example, are called in Ukrainian.

But they go by other names, too, according to culture. Some are *pirogi*, *perogy*, *pirohy* and *pirogen*.

Here's the inside scoop: *pyrohy* — or whatever you want to call them — are among the best kept secrets when it comes to community fundraising.

You can bank on that.

SANTA'S GRAND ENTRANCE



Santa arrived by pilot boat in Port Colborne Saturday, greeted by anxious kids.

readers' views

Lions' food drive a roaring success

Again the annual Lions Food Drive was a great success. The response was overwhelming. This community believes in caring and sharing. Your continuing support will enable us to meet the need in the community.

The Inter-Church Food Bank wishes to express heartfelt thanks to everyone involved in any way to make this annual Lions Food Drive successful.

Special thanks to Lion chief Tom Terry, food drive organizers Dan and Jan Fucak, Christian Life Assembly Church for hosting this event, and Fontaine Truck for providing a truck to transport the food to storage. We are truly grateful.

The food bank was established in

May 1986 and is operated by volunteers only. Local churches, various organizations, schools, service clubs and others have been generous in their responses to the need of food, but without the Lions Club's annual door-to-door food drive, we would not be able to meet the demand.

Our mandate is to provide food for three days, three meals daily.

The food bank operates from Rose-lawn Centre, Elgin St. entrance, every Tuesday and Friday from 9:30 a.m. to noon. In the future, donations may be dropped off at Rose-lawn during office hours at the Carter St. entrance.

Thank you for caring.

Mike Van Es, chairperson

Union thanks supporters for generosity

On behalf of the membership of USW LU 6200 and their families, I would like to thank all of you for your generous donations and support. Your contributions make it possible for us to remain strong and focused during these uncertain times.

Since the start of our strike, July 12, 2009, you have been there for us. We won't forget your kind acts and undivided support and we will make it through this together. We will last one day longer than this foreign multinational company, thanks to contributions from people like us. We hope for your continued support.

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Canadian Hall, Joe's Meats & Deli, Lucy's Café & Catering, Mama's Pizzeria, Newman Brothers, Niagara Rubber Supply, Pazzo's Pizzeria, Queen's Hotel, S Bend Restaurant and Motel, Shapes on Main Salon & Spa, Sherik Tim-Ber Mart, Stolk Construction, Tanning Tropix, Waitniefco B&B, Pallet R.S.M.

Union Support: USW LU 7022, USW LU 6166, USW LU 6500, USW LU 6428, USW LU 6304, USW LU 113, USW LU 2020, USW LU 6180, USW LU 6399, Port Colborne Area Council.

Community Group Support: Bethel United Church, Christian Fellowship, Port Colborne Fire Department, Port Carnes Reach Out Centre and Youth Centre.

Once again thank you for your generous donations.

Wayne Rae, President USW LU 6200

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COPENHAGEN

Copenhagen: Let the failure be clear



Gwynne Dyer

Sometimes the best is the enemy of the good, and sometimes "good enough" is the enemy of all mankind. That is why Jim Hansen, director of NASA's Goddard Institute for Space Studies and one of the world's leading climate scientists, wants the global summit on climate change in Copenhagen to fail.

The summit is supposed to work out a successor to the Kyoto accord, which expires in 2012. In theory, the follow-on treaty would mandate deeper cuts in greenhouse gas emissions and find some way of letting the developing countries into the process as well. But for Hansen, the methodology is so flawed that the new treaty is not worth having.

"I would rather it not happen," he said. "The whole approach is so fundamentally wrong that it is better to reassess the situation."

In diplomacy, "good enough" solutions predominate because of the need for compromise, but in this case, Hansen argues, it is better to have no deal than the wrong deal.

"This is analogous to the issue of slavery faced by Abraham Lincoln or the issue of Nazism faced by Winston Churchill," he said. "On both issues you cannot compromise. You can't say let's reduce slavery, let's find a compromise and reduce it 50% or 40%."

He's right — and most of the negotiators at Copenhagen know it. It's surprisingly common in international negotiations. Almost everybody involved knows what the one really fair and effective deal would look like, although they feel doomed to settle for something much weaker.

The fair and effective deal would look like this.

It would require the rich, industrialized countries to take really deep cuts in their emissions: 40% by 2020, and another 40% by 2035. The developing countries would cap the growth in their emissions at a level not much higher than where they are now — but they must be allowed to go on growing their economies, which means that they will need more energy.

All that extra energy has to be clean, or else they will break through the cap. They will therefore have to get their new energy from wind farms or solar arrays or nuclear plants, all of which are more expensive than the cheap coal-fired power plants they rely on now.

Who pays the difference in cost?

See Gwynne Dyer | Page 5

■ GWYNNE DYER

We need a real deal for climate change

FROM PAGE 4

The rich countries do, by technology transfers and direct subsidies.

What makes this lopsided deal fair is the history behind it. Emissions in the developed countries have stabilized or declined slightly (except for Canada, where they continue to soar), but they are still at a very high level. Indeed, what has made these countries rich is burning fossil fuels for the past 150 to 200 years — and in doing so, they have taken up almost all the available space.

In the early 19th century, the concentration of carbon dioxide in the air was 280 parts per million. It is now 390 ppm, and four-fifths of that extra CO₂ was put there by the ancestors of the one billion people who live in the developed countries. The point of no return, after which we risk runaway warming, is a rise in average global temperature of two degrees Celsius. That is equivalent to 450 ppm of carbon dioxide.

All we have left to play with is the distance between 390 ppm and 450 ppm, and on a business-as-usual basis we'll cover it in less than 30 years. All the economic growth of rapidly developing countries like China, India and Brazil — three to four billion people — has to fit into that narrow band of 60 ppm that the developed countries left for them.

That is why the post-Kyoto deal must be lopsided. But it is still politically impossible to set that deal to people in the developed countries,

most of whom are (willfully) ignorant of this history. What we have on the table instead at Copenhagen is a bastard version of the deal in which the rich countries buy the right to go on emitting large amounts of greenhouse gases by subsidizing clean power and other emissions reductions in the poor countries.

"This is analogous to the indulgences that the Catholic church sold in the Middle Ages," said Hansen. "The bishops collected lots of money and the sinners got redemption. Both parties liked that arrangement despite its absurdity."

And everybody goes to hell together. The Copenhagen summit will certainly fail to deliver the right deal. The danger is that it will lock us into the wrong deal, and leave no political space for countries to go back and try to get it right later. Public opinion is climbing a steep learning curve, and the asymmetrical deal that cannot be sold politically today might be quite saleable in as little as a year or two.

So the best outcome at Copenhagen would be a ringing declaration of principles, and an agreement to get back around the table and do the hard negotiations over the next 12 to 18 months. Since the U.S. Congress has still not mandated any reduction in American emissions and Canada will do its best to subvert the proceedings, this is also a quite likely outcome.

Gwynne Dyer's latest book, *Climate Wars*, was published recently in Canada by Random House and Vintage.

"This is analogous to the indulgences that the Catholic church sold in the Middle Ages. The bishops collected lots of money and the sinners got redemption."

Jim Hansen, NASA's Goddard Institute for Space Studies

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■ I'VE BEEN THINKING

What do we do when we know?

DR. JACK NEIL

First Presbyterian Church

A number of happenings cause us to bring about significant changes to our lives.

We win a lot of money. All of a sudden we're not the same person we used to be. As Leonard Cohen says, "Don't be the person that you came with."

Our tastes change. We seek more expensive watches and pendants, earrings and cars. We develop an interest in travel.

What do we do when we know our job is about to disappear? We try and figure out ways to save money and make do with less. Instead of eating out, we look in the pantry.

In both of these cases, we're learning how to develop a methodology for living. After all, methodology is simply doing what we do when we know. If you like, methodology

is all about the human adaptation to the exigencies of life.

So what methodology does a Christian employ in order to live a Christian life?

If we accept and believe the tenets of the church and scripture, and welcome the Holy Spirit into our lives, then what do we do with our faith? What do we do when we know the presence of Jesus Christ?

We are now in the season of the church year called Advent. For many people, this is the pre-Christmas warm up.

Time to shop seriously. Time to plan parties and dinners. Time to finalize family plans — "whose turn is it this year to invite aunt Jane?"

We have all these tasks to do and people to please. Time is beginning to run short.

Those of us raised in the Christian faith know that the true idea of the advent of the Lord has little to do with what occupies our

pre-Christmas days. Advent, in a religious sense, isn't about looking back with accretions of nostalgia upon a manger scene in Bethlehem.

Advent is a time for looking ahead to the return of our Lord Jesus Christ: the advent of Christ into your life and mine. Advent is a time for us to consider our preparedness to be with Christ upon his return to the Earth.

Bearing this religious meaning of Advent in mind, what's our methodology for being among the sheep, rather than the goats? How do we act with others? Are we kind, humble, sharing? Does what we believe translate itself into our lifestyle?

Do we actually live the faith we Christians profess? Could someone watching us or listening to us tell? What do we do when we know we shall be accountable for our actions and omissions at the second

coming of Christ?

This year during Advent, if you are a person of Christian belief, you might want to consider the following methodology for living a Christian life. It is adapted from the Rule of St. Benedict, chapter 7.

• Keep the fear of God always before your eyes;

• Don't love your own willfulness and desire;

• Be obedient to scripture and the Holy Spirit;

• Persevere in your good works without weakening;

• Confess your sins in humility;

• Be content with what God provides;

• Try to reach consensus with others;

• Your wisdom is known by its few words;

• Practice humility of bearing and of heart.

This is what we do when we know.

■ BREAKFAST WITH SANTA



JOE CSEH InPort News Photo

The Port Colborne Lioness Club held a pancake breakfast with Santa Saturday morning at the Port Colborne Lions Club. Pictured above are four-year-old Mackenzie Dawn and seven-year-old Lauren Atkinson from Wainfleet who enjoyed a pancake breakfast with Santa at the event.

NOTICE OF MEETING

PUBLIC LIAISON COMMITTEE

for the

COMMUNITY BASED RISK ASSESSMENT
for Soils Contaminated in the Port Colborne Area

Thursday, December 17, 2009 at 7:00 pm
Council Chambers, City Hall

AGENDA

1. Approval of Agenda

2. Approval of Minutes

-PLC Meeting of July 23, 2009

-PLC Meeting of September 24, 2009

-PLC Meeting of October 1, 2009

3. Updates of CBRA Activities

-Status of CBRA Activities

4. Delegations

5. General Question and Answer Session

6. Next Meeting

7. Adjournment

Persons wishing to be "delegates" to the committee should register, in advance, with Dan Aquilina, Director of Planning and Development at (905) 835-2900 ext. 203, or, at danaaquilina@portcolborne.ca

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■ HOLIDAY EVENT

Thousands line streets for Port's annual parade

MARK TAYT
InPort News Staff

PORT COLBORNE — Sirens and horns heralded the Santa Claus Parade in Port Colborne Saturday night as thousands of children and their parents applauded a procession that capped off a full day of Christmas events in the lakeside city.

Relatively mild temperatures for December along the lakeshore made the hour-long parade an enjoyable experience. Some parade-goers strategically parked their vehicles along the parade route and watched from behind the windshield, but braver residents bundled up the kids and sat in lawn chairs along Clarence and Steeles Sts.

Santa arrived in Port Colborne earlier in the day by tugboat and there were Santa sightings throughout the day — but the best Santa sighting of all was when the man in the red suit rolled through downtown in a sleigh pulled by Rudolph and company.

Alaina Kane, parade marshal, was hoping for "the best parade ever" as floats and other parade entries lined up at Port Colborne High School around 6 p.m.

"Things are really going well," she said. "We're about five floats bigger than last year."

She said those entering the parade also put a lot of work into wowing the crowds.

"It's shaping up to be the best parade ever," she added. One big factor in Saturday's night parade was the weather.

"The weather has really been cooperating," Kane said. "A little bit of snow would have been nice. The good thing is no wind. This is the first parade in seven years that I haven't had to wear mittens."

Kane said Port Colborne switched over to a night parade about eight years ago.

"People enjoy it," she said. "We are very sensitive about the timing. I'm always amazed at the amount of vehicles that show up to watch."

Kane said attendance at the parade is "literally in the thousands" and her estimate was evident as the parade made its way up Clarence St. People lined up shoulder to shoulder along most of the route.

Groups from as far as Cambridge, Kitchener, Waterloo and Western New York joined the procession with regional entries and a good mix of hometown talent. There were marchers and service clubs, businesses and sports organizations as well as a full complement of emergency vehicles with horns, sirens and flashing lights. Mayor Vance Badawey walked the route handing out city pins and several councillors handed out candy to the children. St. John Therapy Dogs also made a good showing.

"We're planning for this at the end of August right after Canal Days," she said. "We book some of the bigger floats right after this parade."

mtayt@wellandtribune.ca

■ CHRISTMAS IN THE VILLAGE

Seasonal event 'growing each year'

FROM PAGE 1

Margaret Robertson, one of the organizers of the event, was pleased with the turnout. By early afternoon, lineups were already forming at the various exhibits.

"Things are going great," she said.

"The event seems to be growing each year. A lot depends on the weather. It would have been nice to have a little snow."

She was surprised this year by how fast the village filled up.

"There are lineups everywhere you go and there's lots of freebies," she added.

Robertson said the Peace River Band was just one of the attractions that was drawing a crowd yesterday.

There are lineups everywhere you go and there's lots of freebies.

Margaret Robertson, organizer

"They are very well received," she said. Robertson was also glad to see the broad appeal of Christmas in the Village.

"This is a real family event," she said.

"There really is a lot to do."

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DECEMBER 21ST

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Port Colborne City Hall
Events start at 8:00 a.m.
with Torch making it's way into town approximately 10:30 a.m.
Visit www.portcolborne.ca
for a list of activities.

DECEMBER 27TH

Boxing Week Sales Begin
Gateway District and
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Visit
www.downtownportcolborne.com

DECEMBER 31ST

Casco New Year's Eve
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2:00 p.m. - 6:00 p.m.
Kids Fireworks Display
6:00 p.m.
Visit www.portcolborne.ca

New Year's Eve Family
Fireworks
Downtown Port Colborne
12:00 midnight
Visit www.portcolborne.ca



■ AND THE WINNER IS ...



KAESHA FORAND
Staff Photo

John Ballin was the overwhelming winner of the 5th annual photo contest held by the L.R. Wilson Heritage Research Archive staff as a fundraiser. His window shopping photo along West St. won him 500 free prints at Photographic Memories in Boggie Pharmacy. His photo, displayed with heritage research technician Glenn Walker will hang in the archive building.

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■ **MAYOR'S BREAKFAST:** Projects on the horizon for Port Colborne and Wainfleet

Becoming a destination for future growth

MARYANNE FIRTH
InPort News Staff

PORT COLBORNE — The mayors of Port Colborne and Wainfleet highlighted major projects and changes seen this past year and shared information of what is to come for their respective communities during the mayors' breakfast.

Members of the Port Colborne-Wainfleet Chamber of Commerce gathered for the last of this year's breakfasts, held at Main St.'s Funky Monkey on the morning of Dec. 5. Some of the many things Port Colborne will be working on next year include roads and wastewater projects, new primary health-care services, the health and wellness multi-use centre, and improvements to the Lamanos Sports Complex project.

"These projects elevate the status of the community," Mayor Vance Badaway said, adding the city will be marketed as a destination for future growth.

He told chamber members he understands economic times are tough right now, with even his own business affected by the recession.

"We have an option. We can lay down and hope for the best or roll up our sleeves and get to work."

"We need to roll up our sleeves and move forward more aggressively," he said, advising residents need to think well into the future.

"We need to be investing ourselves before we can invest in us."

In the new year, he said work will begin to turn brown-fields into productive land and introduce a number of uses, including recreational and industrial, for land on the east-side waterfront. The Olde Hummerstone Main St. community improvement plan, which is already financed, will also "hit the ground" this spring.

Once the CIP is completed, the city will be a "more walkable community," he said, adding it will ensure "visitors experience all Port Colborne has to offer."

"There's a new future for the city as a tourist destination ... Port Colborne will have a distinct and memorable identity," he said.

"This area of town is our gateway. We want it done right to reflect the character of Port Colborne."

During her turn at the podium, Wainfleet mayor Barb Henderson took a look back at the major projects that have moved forward in the township during 2009, including development of a new official plan. A draft version is expected in spring.

"I encourage you to continue to follow this important process, to provide your input and to take part in shaping the future direction of Wainfleet," she said.

There's a new future for the city as a tourist destination ... Port Colborne will have a distinct and memorable identity.

Vance Badaway, mayor

Also this past year, the township saw municipal building expansion; energy efficiency improvements at the arena; reconstruction of more than four kilometres of Feeder Rd., including Wainfleet's first bicycle lane; parking lot extensions at the arena and fire hall; and restoration of 27 deteriorating monuments in the Wellandport cemetery.

The township also awarded a contract to replace the Bulling Road Bridge, which is expected to be completed before the end of this year, Henderson said.

Significant progress was also made this year on parts of the sewer and water project, she said. Biologists conducted field studies throughout the year to obtain updated natural heritage data. Reports are expected to be available next month.

The archaeologist's report, for which work was done during the summer, should also be released next month — documenting the history of the Lakeshore and its settlement over time, Henderson said.

Henderson said the financial analysis for the sewer and water project has begun, and added "finding an affordable solution" is one of the most critical parts of the project.

During his presentation, Badaway also spoke about how the city welcomed the arrival of Dr. Haisbo Xu, Port Colborne's second new physician this year, and his health-care team that includes a social worker, nurse practitioner, dietitian and diabetes educators. Xu is expected to begin practising out of the Port Colborne hospital in the near future.

"It's a win for the City of Port Colborne, Wainfleet and the surrounding area, particularly for people with no physician," Badaway said.

Badaway said progress, including the opening of Bridges Community Health Centre in Portia Village Plaza, has allowed equal access to a broader range of health-care services for residents. He encouraged anyone in need of a physician, or with questions about Port Colborne's health care services, to contact city hall at 905-835-2900.

Badaway said it's important residents know about the changes in delivery of health-care services. Some services are now available in Welland or St. Catharines as a result of the Niagara Health System's hospital improvement plan.

mfirth@wellandtribune.ca



MARYANNE FIRTH Staff Photo

Rob Hesp, of RBC Dominion, presents Linda and Mike Sloat of @27 Restaurant with the Port Colborne-Wainfleet Business of the Quarter award during the mayors' breakfast.

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■ **HEALTH CARE:** Dr. Haibo Xu is setting up Port's first family health practice

There's a new doctor in town



KAESHA FORAND Staff Photo

Dr. Haibo Xu stands in one of his three new exam rooms in the west wing of the Port Colborne General Hospital. An official ceremony was held Monday and the family physician is looking to fill his 1,000-patient roster. He is seen in the pediatric room with physician assistant Kitty Seeger, Joan Grant and registered nurse Anne Loshok.

KAESHA FORAND
InPort News Staff

PORT COLBORNE — Dr. Haibo Xu is anxious to fill his 1,000-patient roster and bring a complete family health team to Port Colborne.

"It's a wonderful, happy day for all of us," said Port Colborne physician recruiter Joanne Ferracioli before a gauze ribbon cutting ceremony Monday at Port Colborne General Hospital, as Xu's office was officially open.

"We all have an idea of what we want to see — every resident in Port Colborne to have a family physician."

Mayor Vance Badaway said working in tandem with the Ministry of Health, Local Health Integration Network and Niagara Health System is important to align services, similar to Dr. Xu's office located in the west wing of the main level of the hospital.

"We expect Haibo will grow a more formalized family health team," Badaway said, noting there is a sense of urgency for the ministry (of health) to get the urgent care centre renovations underway.

"It's really going to offer a lot more than just a physician."

Xu hails from Beijing and graduated from Beijing Medical University. He completed his residency at McMaster University and also completed his masters degree in pharmacol-

My goal here is to establish a full-fledged family health team

Dr. Haibo Xu

ogy at the University of Toronto. His most recent practice was in Dunnville, where he currently lives.

He chose to move to practice to Port Colborne, an area he called under-served. He said the office space at the hospital also played a key role.

"My goal here is to establish a full-fledged family health team," Xu said of the comprehensive care he would like to provide Port Colborne and Wainfleet residents.

He said a family health team can provide a number of resources including a social worker, pharmacist, dietitian to help those with diabetes or those who want to be healthier.

On Wednesday, his practice officially opens, however, there is plenty of room for Port Colborne or Wainfleet residents who do not have a family physician to fill out patient applications located at city hall, at Xu's office.

Ferracioli said Xu's practice is currently a family health organization — a first for Port.

"The goal is to get enough patients to apply for our very own family health team," she said.

"Then we can ask to bring in extra staff and many more services."

She said having a family health team is "huge" because it helps recruit other physicians who expect to see a family health team in the city. It's also very beneficial for medical education since Xu has expressed interest in his practice being a teaching site.

NHS president and CEO Debbie Sevenpiper said the past three months of preparation have been "very exciting," for Dr. Xu's opening of three exam rooms with on-suite bathrooms and office.

His location in the hospital also allows for patients to have x-rays and lab work on site while seeing their family physician.

This past year has been successful with physician recruiting. In addition to Xu, physician Dr. Jason King opened his practice last January in addition to full-time endocrinologist Brenda Rempel and part-time cardiologist Emilio Raimondo.

kforand@wellandtribune.ca

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Dec. 11

The Wainfleet creative crafters are holding a craft and bake sale in the Moore Room at the Wainfleet Arena from 5 p.m. to 9 p.m., Saturday, Dec. 12 and 13 from 9 a.m. to 5 p.m. For more information or to join the show contact Holly Smith at 905-835-6843.

Dec. 12

The Wainfleet Ratepayers Association is holding a pancakes with Santa breakfast from 8 a.m. until 1 p.m. at the Guild Hall for \$5. April Jeffs will take pictures of children with Santa from 9 a.m. to 10 a.m. for a food donation. The morning will also feature door prizes, a bake sale, poinsettias and, of course, no Christmas breakfast would be complete without Santa and Mrs. Claus.

Dec. 20

Will this Christmas be difficult because you have experienced the loss of a loved one or some other loss? Receive God's comfort and peace at healing for the grieving at 7 p.m. at Forks Road East United Church, 51786 Forks Rd. in Wainfleet. For more information, please call 905-899-1218 or visit www.forksroadunited.com.

Jan. 7

The Winger-Wainfleet Women's Institute is meeting in the Friendship Room at the Wainfleet Arena at 1:30 p.m. for a program of fun and games. For more information contact Elizabeth at 905-899-4872.

Jan. 15

The Wainfleet Fair Fall is in need of volunteers to help keep the fair going. The fair board is looking for adults and children from 12 to 18 years of age to assist with the fair's numerous committees. Contact wainfleet.fair@gmail.com for more information or join them at their annual meeting at 7:30 p.m. at Forks United Church.

Jan. 21

The Port Colborne Horticultural Society will be holding their monthly meeting at the Senior's Centre. Just in time to bring some sunshine and warmth into the cold winter, is their special guest Yvon Drouge who will speaking on orchids. Light refreshments will be available and remember, bring a friend.

Ongoing events

• Tuesdays at St. Peter's Lutheran Church, 200 Erie St. the Port Colborne Air Cadets will hold accept new registrations during their training nights from 6:45 p.m. to 9 p.m. The cadets are available for boys and girls between the ages of 12 to 18. For more information, contact John Derousie at 905-227-7609 and visit the website at www.cadets.ca.

• Adult Children of Alcoholics is an anonymous 12-step program and support group for persons who grew up with alcohol or dysfunction. Meetings: Fridays, 10 a.m. to 11 a.m. at Central United Church, 30 Delhi St. Newcomers welcome.

• Kids zone, for children age six to 12, runs every Monday and Friday from 6 p.m. to 8:30 p.m. at the centre for Community Living, 100 McRae Ave. to June 18, 2010. Registration fee is \$5. Free transportation is available. Call 905-835-8941 ext. 135. All events are supervised by adults.

• Teen zone for youth, age 13 to 18, every Wednesday from 7:30 p.m. to 9 p.m. at the Reach Out Center, 60 Nickel St. to June 18, 2010. Registration fee is \$5. Free transportation is available. Call 905-835-8941 ext. 135 to participate in the adult-supervised events. The program is offered in cooperation with Community Living Port Colborne-Wainfleet and Port Cares. Enjoy games, trips to the YMCA, cooking, crafts, music, etc.

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NOTICE OF INTENTION TO APPLY FOR AN ORDER TO CLOSE A CEMETERY

The Cemeteries Act (Revised), RSO 1990, Chapter C4

NORTHLAND GARDENS COLUMBARIUM, Part Lot 30, Con 2 in the former Township of Humberstone, in the former County of Welland now known as 480 Northland Avenue, City of Port Colborne, Regional Municipality of Niagara, Province of Ontario.

Ontario Cemetery License # 4455242

Ontario Cemetery Site #05077

This cemetery consists of one – 32 niche columbarium and the total area dimension is 20 feet by 20 feet. There are ten niches sold with seven innuments. The interment rights holders have agreed in writing for the columbarium and remains to be moved to Overholt Cemetery (License # 3289377) located at 3 rd. Line in the City of Port Colborne.

This closure is proposed due to the fact that St. Brendan's the Navigator Anglican Church has been closed and the land has been sold.

There are no ground burials or scattering gardens associated with Northland Gardens Columbarium.

TAKE NOTICE THAT, pursuant to the Cemeteries Act (Revised), R.S.O. 1990, Chapter C4, the undersigned intends to make an application for an order closing the entire cemetery.

TAKE FURTHER NOTICE THAT, the applicant will request that the Registrar include in the Order to Close, the requirement to move the columbarium and all remains to Overholt Cemetery in Port Colborne. This will include the transfer of all records and care and maintenance funds to Overholt Cemetery.

TAKE FURTHER NOTICE THAT, interested persons may make submissions regarding the proposed application in writing to:

Registrar, Cemeteries Act (Revised)
Ministry of Consumer Services
Cemeteries Regulation Unit
5775 Yonge Street, Suite 1500
Toronto, ON M7A 2E5

TAKE FURTHER NOTICE THAT, submissions should be made within 45 days from January 1, 2010.

Dated at the City of Port Colborne, Ontario on January 1, 2010

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■ **FUNDRAISER:** Hairstylists donate proceeds to McKay Public School's breakfast program

'Do-ing their part for a good cause

MARYANNE FIRTH
InPort News Staff

PORT COLBORNE — Not only did people look good, but they felt good leaving First Lutheran Church hall recently.

People lined up to participate in the first annual Cuts for Breakfast fundraiser in support of McKay Public School's breakfast program on Nov. 30.

Hairstylists Cara Cosie, of The Spa Port Colborne; Sarah Redmond, of Oasis Hair Studios in Welland; and Julie Boudard of Salon Utopia in Fonthill donated their time to make sure McKay students started the day off right.

People looking for a new 'do were asked simply for a donation to the breakfast club — whatever they could afford — to have their hair done.

Money raised during the hairstyling fundraiser will go toward purchasing food and needed equipment for the breakfast program which feeds between 100 and 160 students every morning.

Cuts for Breakfast was Cosie's brainchild. A hairstylist and parent of a McKay student, she wanted to put her skills to good use in support of the school.

Cosie volunteers her time for the breakfast club, and said fundraising was necessary to keep the program going. She donated her day to cut hair and even had her son Shaydon on hand in hopes of teaching him about helping others and raising funds for an important cause like the

breakfast program.

Stylist Sarah Redmond hoped to help a few people feel better about themselves Monday. She said Cuts for Breakfast was a great fundraising idea, providing money for the program and haircuts for people who may not be able to afford to have their hair done in a traditional salon.

"I wanted to volunteer for a good cause," she said, adding she found out about the event through her mother who volunteers her time at McKay's breakfast program.

Karen Gagnon, an educational assistant at the school, said First Lutheran was kind enough to donate the hall, and the stylists donated their time.

Because of the success of the event, Gagnon said there's hope to not only host Cuts for Breakfast annually, but to expand to include more stylists in the future.

Throughout the day people were all smiles at the church, knowing they were leaving with a stylish cut and having done a good deed, she said.

Some staff members from the school even made a pit stop at the hall during their lunch break to have their hair done.

As soon as school was out, students and their families began piling into the church to have their hair done.

"We couldn't do this without the people in the community," Gagnon said, thanking people for attending the fundraiser and assisting with the program.

McKay's breakfast program is always looking for more volunteers to help with preparing and serving meals, as well as cleanup.

See **HAIROCUTS** | Page 13



MARYANNE FIRTH Staff Photo

McKay Public School student Shaydon Beeson has his hair cut by his mother Cara Cosie, of The Spa Port Colborne, during the Cuts for Breakfast fundraiser Monday, Nov. 30. The event asked people to donate whatever they could in exchange for a haircut to support McKay's breakfast program.

"We couldn't do this without the people in the community."

Karen Gagnon, educational assistant,
McKay Public School

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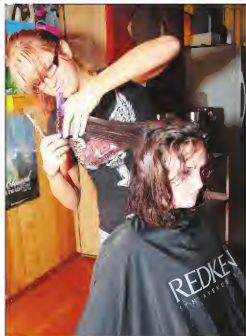
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■ HAIRCUTS

Fundraiser supports student breakfast program



MARYANNE FIRTH Staff Photo

Grade 7 student Jessica Dussault rushed to First Lutheran Church after school to have her hair done for the Cuts for Breakfast fundraiser Nov. 30. Hairstylist Cara Koske, of The Spa Port Colborne, created the event in support of McKay Public School's breakfast program.

FROM PAGE 12

Anyone interested can contact the school at 834-4753. Gagnon said the children are thankful for the meals they receive and are appreciative of the time they spend with program volunteers.

"It's not just nourishment, it's bonding time with other students and volunteers," she said.

"It's creating new friendships."

"Community members support the program and they really get to know the children," she said.

"McKay wants to just thank everyone for their support. We couldn't be successful without them."

Grade 7 McKay students Olivia Regehr and Kaitilyn Bitner rushed over after school to have their hair done.

"I like to help the school," Regehr said as she waited her turn in her hairdresser's chair.

The pair spent time making posters in the coming weeks to encouraged students and staff at the school to get their haircut in support of the program.

Bitner said the hair-cutting fundraiser was a great idea and she hoped it would continue to happen every year.

"The breakfast club is important to have at the school," she said, adding a lot of students rely on the program each morning.

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Want to get involved in Port's Olympic torch event?

If you're interested in volunteering for Port's Olympic torch event, call the Port Colborne Economic Tourism Development Corp. at 905-834-1668. Those who would like to be a flag representative and hold a flag along the route should send a brief letter explaining why they would like to be a flag bearer, indicating a nationality they feel they represent best or how they fit the athletic competition aspect. The letter should be submitted to the mayor's office no later than Dec. 14 at 4 p.m.

OLYMPICS

Port welcomes the torch Dec. 21

FROM PAGE 1

The day will kick off with a breakfast buffet at The Hub inside the Guild Hall for \$7 from 8 to 10 a.m. At 9:30 a.m., Market Square will be transformed into an Olympic wonderland with mini Olympic events for anyone to participate.

The morning will feature a putting contest, ball hockey, Port Colborne Minor Basketball free throw, a ball toss, bowling, Dressage Niagara and the Arabian Horse Association will give youngsters the opportunity to interact with a Canadian horse.

From 1 p.m. to 3 p.m., a free family skate will be held at the Toeder Kennedy Youth Arena and free swimming will be held at the pool.

Dressage Niagara and the Arabian Horse Association will host an open house at Rivendell Farm on Babion Rd. from 1:00 p.m. until 3:00 p.m. where the community is welcome to visit for treats and interact with the horses.

The Roselawn Centre will offer a free family movie night, with the theatre opening at 6 p.m. and the moving A Christmas Story being featured at 6:30 p.m.

Two torch bearers have been announced, with more to come. They include Sharon Beaudet and London's Jennifer Hedger, the co-host of TSN's Sports Centre.

Mayor Vance Badaway said the city is not only celebrating the torch coming to Port Colborne, but also celebrating the Olympics in Canada.

"We're going to have an event around an event," he said. "It really creates a buzz the torch is coming."

Due to the activities, Market Square will be closed throughout the entire morning, in addition to Charlotte St. in front of city hall.

Special events manager Ailana Kane said rolling road closures will be co-ordinated by the

RCMP, which travels with the convoy and the Niagara Regional Police.

"We're putting a call out to schools to create their own torches or flags," Kane said.

The city is also looking for volunteers to carry about 30 flags from around the world and are encouraging residents to line the route.

The Port Colborne portion of the torch relay will begin at Moe's Taxi and Wings on Main St. at approximately 10:15 a.m. It will travel west to King St., south on Charlotte to city hall at approximately 10:30 a.m.

There will be a brief break for a change of runners and at approximately 11 a.m. the torch will leave city hall, travel west on Charlotte to Steele St., north on Steele to Main St. (there is a brief 1 minute stop at Port High), west on Main St. and north on Hwy 58.

The Port Colborne portion will end approximately at the Port Colborne mall. During this morning celebration, Port Colborne High School will be providing musical entertainment and area elementary students and all residents are invited to sing *O Canada*.

Derrick Stickney, head of Port High's arts department is hoping to rally about 500 students who will be on their first day of winter break to sing in the choir and the public is also welcome to join.

"This is possibly a once in a generation event," Badaway said, noting residents who are available are invited along the route to cheer on the torch, especially near the end of the route.

Residents interested in volunteering for the event may contact the Port Colborne Economic Tourism Development Corp. at 905-834-1668. The mayor's office will be accepting applications for flag bearers before Dec. 14.

"There will be consideration given to those that apply and have previous national or international athletic competition experience, including para-lympians, special Olympians, senior games, etc.," said special events manager Ailana Kane.

kforan@wellstartribune.ca

Recipe of the Week

Dec. 11th to Dec. 17th

Our Port Country Pantry's

Jean's Chicken & Sausage Cassoulet

1. **Advanced Preparation:** In a saucepan bring beans & water to boiling. Reduce heat & simmer covered, for 1 1/2 hours. Pour beans and liquid into a bowl. Put in fridge overnight.
2. Shape sausage into 1 1/2 balls; brown in skillet. Remove meatballs; reserve drippings in skillet. Cover meatballs & put in fridge overnight.
3. Sprinkle chicken with salt & pepper; brown in reserved drippings. Remove chicken; cover & refrigerate overnight.
4. In slow cooker place chicken, meatballs, carrots, celery & onion. Drain beans; mix with remaining ingredients. Combine well & pour over meat mixture. Cover. Cook on low for 8 hours.

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INGREDIENTS

- 1 1/4 cups dry Navy Beans
- 4 cups water
- 1 lb. bulk pork sausage
- 2 W.-J.B. brat'er-fryer chicken, cut up
- Salt & Pepper to taste
- 4 1/2 cup finely chopped carrots, celery & onion
- 1 1/2 cups tomato juice
- 1 tsp. Worcestershire sauce
- 2 tsp. Beef Soup Base
- 1 tsp. Sea Salt
- 1/2 tsp. ground Basil
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■ **HEALTH CARE:** Plans to renovate the facility are still on the radar

Public meeting shines spotlight Port hospital

MAGGIE RIOPELLE
InPort News Staff

PORT COLBORNE — Niagara Health System hosted an information session to try and alleviate concerns of local residents on Nov. 24.

The informal open house was held at Port Colborne Public Library with a number of NHS officials on hand to answer questions, including whether renovations plans were still going ahead for Port Colborne hospital.

They also spoke about services at the hospital, the new health-care complex being built in St. Catharines and fundraising efforts of the Port Colborne Hospital Foundation.

"I think people need to be informed and have an opportunity to talk to people on their own terms. People have a lot of questions," said NHS director of emergency services and critical care Pat Morke.

NHS CEO/president Debbie Sevenpiper said the session

was important "because there are a lot of rumours and concerns" in the community. Among them is that plans to renovate the hospital have fallen off the radar. Renovations were supposed to be done to the hospital's emergency room, prior to the conversion to an urgent care centre. Few updates have been made public, causing some to wonder if the plans were going ahead — and they are, said Sevenpiper.

"There are concerns or a feeling the renovations weren't moving forward," she said. "We have submitted applications to the Ministry of Health and Long-Term Care."

Now, the NHS has to wait for the green light from the government, she said, before it can go further.

Port Colborne resident Linda Rolph said questions about the renovations was the purpose of her attending last night's session.

"I wanted to see what they are doing here, and I like it," she said of the plans which allow for a better flow of patients in urgent care. "The hospital isn't closed, but it's not the same. What's missing is an ICU — our doctors can't even admit a patient because we don't even have any beds. A lot of people here don't drive and we don't have a transit system," said Rolph.

Sevenpiper said there is still an impression the hospital has closed its doors. That isn't the case. In fact, the hospital is still seeing just as many patients at its urgent care centre. The centre operates 24 hours a day, seven days a week.

Asked about fears those hours might be cut back and Sevenpiper said the NHS has committed to maintain those hours for two years, after which it will be up for review.

"We have to evaluate if its being utilized during the night shift," said Morke. "We will evaluate how it's working. But no action will happen until that has taken place. Certainly in the

urgent care world, there hasn't been any plans to do anything different. And we are getting a lot of positive feedback (from patients) and very few negative comments."

During the H1N1 spread, Morke said the urgent care centre saw a large increase in patient volumes, but it was an ideal opportunity for more people to see firsthand that the services are still there and the doors are still open.

The NHS fully expects that once people understand where they should go for what services, the number of visits to the urgent care centre will increase.

"I think through word of mouth and as people begin to understand they will be seen quickly, we will see an increase. The wait times are well below the provincial average — less than two hours. The provincial average is four hours," Sevenpiper said.

Port resident Maria Neheli and her husband Frank attended the session to find out more about what services are at the hospital. She said with so many residents coming together to help fund the building of Port Colborne hospital, no one wants to see it close.

"We wanted to see for ourselves. We want to know and learn a lot more, so we know for sure what is at the hospital," she said.

Residents raised concerns that as time passes, they will see more services taken from the hospital. Sevenpiper said the NHS is working to ensure the community as a whole is available in and while still in the early stages, there are discussions about adding some services like chronic disease clinics and surgical clinics.

"People don't know what's going on," said Regional Coun. Rob Saracino.

"They take their hospital very seriously and there are a lot of concerns out there. The NHS has to have more information sessions so people can get a better understanding of what services are being provided because they just don't know."

Residents who attended the information session were also told about the new family health care team that is moving into the hospital site. Three family physicians will be located there and new patients are being taken.

mriopelle@wellandtribune.ca

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What is the importance of healthy eating for denture wearers?

The relation between significant tooth loss and the ability to chew fresh fruits, vegetables and meats, has a great impact on the nutritional value of one's diet. Toothless or partially edentulous individuals are at a higher risk of malnutrition. Edentulous individuals with poor nutrition may be at higher risk for a variety of diseases. For example those who consume little vitamin A are at a higher risk for various forms of cancer, heart disease and rheumatoid arthritis. Similarly the dietary deficiencies of vitamin E are associated with various cancers, heart and Parkinson's Disease and low vitamin C and thiamine levels lead to a reduced immune system function, cardiovascular disease, hypertension and nausea, constipation as well as appetite and weight loss. Another ill effect of a low nutrient diet is a loss of muscle mass and strength caused by inadequate intake of protein, which could further increase fatigue. An increased intake of fat and cholesterol observed in toothless patients have been associated with obesity, diabetes mellitus, as well as arteriosclerosis.

What can I do to prevent any of this happening to me?

Considering the vast implications of a low nutrient diet, it is worth acknowledging that nutritional balance and good health can be significantly improved and restored with the use of a well made denture, and a vitamin supplement regime planned by your doctor. A well made denture, will allow you to introduce back into your diet all the nutritionally laden foods such as fresh fruits and vegetables, proteins and nuts that were avoided when chewing with an ill-fitting, poorly designed denture. Individuals with implant supported dentures, greatly improve their food choices by including more hard to chew foods that are rich in nutrients, therefore greatly improving their health status.

To switch to a more balanced diet may be as easy as having well fitted dentures, that allow for improved chewing and grinding function. The ability to better chew fruits, vegetables, meats and nuts will increase your nutrient intake and may decrease your risk of various disease. For more information see your Denturist.

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LOCAL LIBRARY HOSTS WINTER BREAK ACTIVITIES FOR KIDS

The following activities are being offered by the Port Colborne Public Library for children during the winter break:

- Christmas card making: Monday, Dec. 21 from 2:30 p.m. to 3:30 p.m. for ages seven and younger; and 4 p.m. to 4:45 p.m. for ages eight and older. Pre-registration is required. Cost is \$2 per session.

- Movies for kids of all ages, Dec. 22 and 29 at 2 p.m. Cost: \$2 per person.

- Story time for ages six and younger, Tuesdays, Dec. 22 and 29 from 10 a.m. to 11 a.m. Winter themed stories read by Derek Miller for free. Children three and younger must be accompanied by an adult.

- Cocoa and Craft Club: Wednesday, Dec. 30 from 2:30 p.m. to 4 p.m. Hot cocoa, cookies and a special new year celebration craft. For ages six and older for \$5. Pre-registration is required.

—For InPort News



■ **PEOPLE, PLACES:** Choralis Camerata performs Handel's Messiah; shedding light on family violence

Sold-out show, dazzling performance



George Duma
BY GEORGE

Handel's *Messiah* is one of the most beautiful, inspiring pieces of music ever written.

George Frideric Handel wrote it in the summer of 1741 and premiered it in Dublin, Ireland, the following April 13.

Listening to it can be a mesmerizing experience.

Seeing it performed live takes that experience to a level where it produces goose bumps on the arms and tingles up the spine.

That's what happened last Sunday afternoon at a packed St. Alexander Roman Catholic Church in Fonthill when Choralis Camerata, a Niagara-based chamber choir, teamed up with The Niagara-on-the-Lake Sinfonia for the afternoon.

Led by Laura Thomas, Choralis Camerata's artistic director and conductor, the choir and the incredible sinfonia musicians were joined by Soprano Charlotte Knight, Alto Wendy Hatala-Foley, Bass James Medeiros and Tenor Jeff Boyd.

Now, I'll be the first to admit chamber music is not my thing.

Give me a jazz trio or quartet, or a good roots-folk-music musician and I'm happy.

Miles Davis to Neil Young. Canadian jazz pianist Nancy Walker to Daniel Lanois, Swedish ensemble Koop to Bruce Cockburn, Herbie Hancock to Joni Mitchell, with the latter two overlapping on what is perhaps one of the finest albums ever produced — Hancock's *River: The Joni Letters*,



GEORGE DUMA InPort News Photo

Members of the Niagara-on-the-Lake Sinfonia look over their instruments while Thomas Arth, top right and Marilyn Robinson, directly in front of him from Choralis Camerata go over their music in anticipation of performing Handel's *Messiah*. The show was a sold-out hit.

from 2007. It's all pretty much 180-degrees away from chamber music.

But that's not to say we can't appreciate the music we don't necessarily listen to all the time. The thing about any kind of music appreciation is to keep an open mind. And that was the case Sunday.

We had a Port connection to Choralis Camerata. Our friends Pastor Thomas Arth from First Lutheran Church on Elm St., Ingrid Kahler and Marilyn Robinson are all involved with this chamber choir and we

wanted to go see them and experience Handel's *Messiah*.

I can only say that if you've never seen the piece performed live, it's fascinating. No matter what your musical tastes or religious beliefs, Handel's *Messiah* is worthy of the live experience.

Choralis Camerata's next concerts are in February, when the members celebrate Black History Month with a show titled *The Gospel Train* (us' keeps on rollin').

So far, a performance is scheduled for

Sat., Feb. 6 in Mountainview Christian Reformed Church in Grimsby, 290 Main St. E., starting at 7:30 p.m.

The next day, Sunday, Feb. 7, the concert will happen at People's Memorial United Church in Ridgeway at 356 Ridge Rd. N., beginning at 2:30 p.m.

There is another Black History Month concert scheduled for March but the time and location will be announced later. For more information about Choralis Camerata, check out the website at www.choraliscamerata.com or e-mail the group at info@choraliscamerata.com.

Go see them!

...

About five years ago, the Women's Place shelter and Niagara Regional Police came together to try and find a new strategy to address the issue of family violence.

I recently became involved with the organization named Stop Family Violence: It's Everybody's Business.

How can you not become involved? Consider the following statistics for Niagara:

• In 2008, 578 women and children sought refuge at women's shelters, fleeing violent and abusive relationships. More than 180 were redirected to other services because the shelters were full.

• Since 1977, 18,000 women and children have lived at women's shelters. About half were children.

• In 2008, 4,500 women called the women's shelter's phone line because they were in crisis.

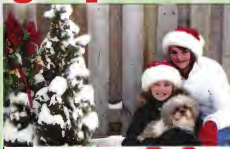
• Since 1997, there have been 17 domestic-related homicides. Four children were left motherless as a result of those murders.

• Family violence makes up 20% of the Family and Children's Services case load.

See BY GEORGE | Page 20

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■ BY GEORGE

Family violence is everybody's business

FROM PAGE 19

• It costs \$3.2 million annually to operate the three shelters in Niagara and their support programs for women and children who have experienced abuse.

• Responding to family violence accounts for 10% of the Niagara Regional Police budget of \$115 million.

As the promotional material put out by Stop Family Violence: It's Everybody's Business gets circulated, the organization would like to bring semi-

nars into workplaces to educate people more. For information, call project coordinator Susan Speck at 905-356-3933, ext. 224, e-mail at iebpc@wpsn.ca, or go to www.stop-family-violence.com.

George Duma is a resident of Port Colborne and has spent 30 years in the newspaper business. He is currently a member of the journalism faculty at Niagara College. He welcomes comments and column suggestions and can be reached at gduma@cogeco.ca.

■ DONATION: Italian Cultural Centre collects food and cash for Santa's Helpers



KAESHA FORAND Staff Photo

Members from the Italian Canadian Cultural Centre recently collected food and \$300 for Santa's Helpers. Its executive includes secretary Tracey Ottaviano, treasurer Ida Miani and president Bettina DiGiulio presenting the cheque to Santa's Helpers chair Mieke Van Es.

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■ **SAFE COMMUNITIES PORT COLBORNE**

New after-school programs offered to local youth

MAGGIE RIOPELLE
InPort News Staff

PORT COLBORNE — With a funding boost of \$35,000, local youth are being offered an opportunity for after-school programs as well as to have their voices heard.

Safe Communities Port Colborne, in partnership with several organizations, has received a grant through the Ontario Ministry of Health Promotion's Healthy Communities Fund.

"We wanted to pull together partners and come up with something we could use in Port Colborne — after-school programs," says Safe Communities co-ordinator Lori Kleinsmith.

The partners will be offering Youth and Health: Port Colborne's After School Approach.

There will be one program offered for youth age seven to 12 years old where four sessions will be available for four consecutive weeks. Activities will include yoga, rock climbing, dance, stress management, injury prevention and basic cooking. The earliest start date is Monday, Nov. 23, from 4 p.m. to 6:30 p.m.

Another after-school program is being offered for youth

age 13 to 15. One session will be offered once a week for four weeks. It gives them the opportunity to become the chef.

It started on Nov. 25, running from 4 p.m. to 6:30 p.m. Classes will teach participants healthy food preparation and safe food handling. Everyone gets to eat their creations at the end of class. It's a real hands-on program, Kleinsmith says.

Space is limited, so parents are asked to register their child by contacting Safe Communities Port Colborne at 905-634-4501 ext. 32146 or by e-mail at safecommunities@gmail.com.

Another initiative that is being made possible by the new funding is a youth engagement project for teens age 15 to 18.

"It's a unique community-based project to explore issues related to youth and health," says Kleinsmith.

"So often projects and programs (for teens) are adult-driven. We take the opposite approach, the youth have a voice in every aspect."

The project will focus on health issues and concerns of Port Colborne youth. Those involved will have the opportunity to discuss certain topics and invite guest speakers.

"It's an opportunity to have their voice heard," Kleinsmith says.

"They will have a say in the shaping of the project group rules and boundaries, project themes, guest speakers and how they want to tell their story. They may want to share their story with peers, maybe post it on YouTube or they may want to tell their story to adults so they know where the youth are coming from."

The youth engagement group will meet once a week until the end of March.

Project partners — Safe Communities, Port Colborne Wainfleet Healthy Lifestyles Coalition, Port Cares, Community Living Port Colborne-Wainfleet, the City of Port Colborne and Every Kid in Our Community — are working to ensure that if these programs are successful, they continue and become sustainable.

Kleinsmith says it's hoped these programs won't be reliant on government grants. Young people who are interested in getting involved can call the number above or e-mail pcwlhcf@canada.com.

mriopelle@wellandtribune.ca

■ **DONATION:** Making a difference one brush stroke at a time

Submitted Photo

The Port Cares Reach Out Centre, which served 12,774 meals during their 2008-2009 fiscal year, received a makeover thanks to a \$2,500 donation from the Benjamin Moore Community Restoration Program. Sarah Eller, Reach Out Centre site supervisor, Port Cares volunteers Reg Cameron and Rick Vance, and David Joyce from Port Paint and Paper were on hand at the store recently. Supported by the local community and the United Way of South Niagara, the centre at 61 Nickel St. is open on Monday, Thursday and Friday for lunch and a new Sunday morning breakfast.

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Daria Zmijewsky
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■ SCHOOL LIFE

Port High students take a walk down the red carpet

PAIGE THOMPSON
For InPort News

On Dec. 3, Port Colborne High School held its annual winter semi-formal at the Italian hall on the east side of the city.

This year, student council decided to change the theme and made it their very own red carpet event for more than 200 students.

The evening featured a lovely dinner with pasta and salad, cooked by the staff at the Italian hall, and the desserts were prepared by Port High's food class.

After dinner, students' council drew names for door prizes which were donated by local businesses — including restaurants, stores and even Niagara College.

Students rushed to the floor to have the dance that always accompanies the dinner. This year, student's council was able to get Corey Motley, the DJ from the popular radio station Z101.

After a long night of dinner and dancing, the

function came to an end at 11 p.m.

Some students said it was, by far, the most outstanding semi-formal Port High has ever had. There was a fantastic turnout, great food, and a "rocking" dance party.

Dec. 3 also saw a visit from Port's Ten Thousand Villages offering fair trade products. The business offered coffee, tea, chocolate, instruments, sports equipment — including basketballs, volleyballs, and soccer balls and different accessories.

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